

Know your Skin

Melanoma is now the 5th most common form of cancer in the UK
Knowing your own skin can help aid early detection of melanoma

Melanoma Focus recommends:

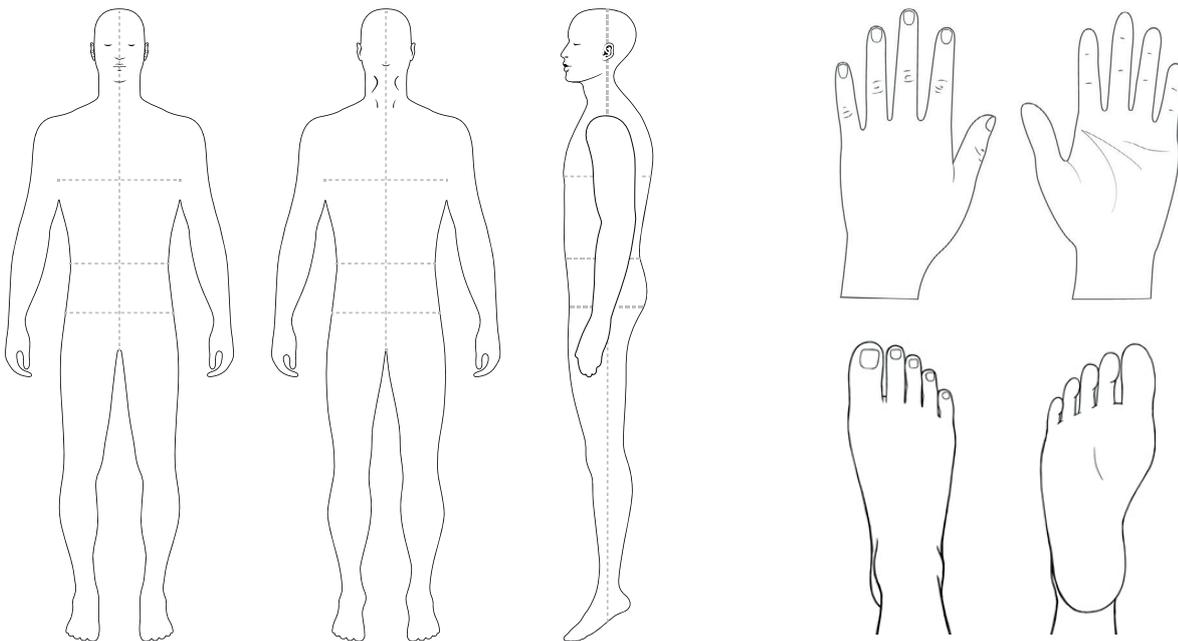
- Creating a Mole Map and regularly checking your skin
- Using a mirror, ruler, camera, notepad and if necessary a 'skin buddy' for those hard-to-see areas
- Check your skin all over once a month and note the date.
- Use our templates to record the location, appearance and dimensions of each mole or skin lesion (patch, spot, lump or any other abnormal area of skin).
- Take photos of your moles and any new marks or lesions.
- Don't forget under the arms, breasts, between fingers and toes, soles of your feet, palms of your hands, behind the ears and your scalp.

70% of melanomas arise from new marks or lesions



Record Your Spots

Make notes of your spots below so you can regularly track changes.



Date	Mole #	A	B	C	D	E
1 July '19	1	Oval	Pink	5mm	Raised	Firm



Signs to watch out for:

If you see any of your moles or lesions exhibiting the following, get a skin check:

Asymmetry: two halves differ in shape

Border: edges irregular or jagged

Colour: uneven/patchy; shades of black, white, grey, brown or pink; two or more colours = suspicious

Diameter: for most melanomas, at least 6mm

Evolving: changing in size, shape or colour

Funny: if it looks odd, or you aren't happy about it for any reason



This is a Superficial Spreading Melanoma, the most common form of melanoma in the UK. But melanoma can look quite different and may appear anywhere, including the eye, scalp, hands/feet and ano-uro-genital area.

If in doubt, check it out!

That means going to the doctor and making sure you understand the assessment given. If you aren't happy about it, ask for a second opinion, preferably with a dermatologist. 'Looks OK' is not a diagnosis.

86% of melanoma cases are preventable.

If you are worried or have a question about melanoma please ring the

Melanoma Helpline on 0808 801 0777

Calls are free and confidential

Melanoma Focus is the UK's leading melanoma charity, commissioning and funding research into the treatment and causes of melanoma, while providing support and information for patients, carers and professionals. To find out more about our work please visit www.melanomafocus.com.